

Wellness *news*

body **WELL** MIND
A Guide to Good Health



Currently in the United States, 66 percent of adults are overweight or obese. People tend to gain unnecessary weight for many reasons including habits, genes, illness, certain medicines and emotions. Achieving or maintaining a healthy weight is vital to good health and contributes to healthy cholesterol, blood pressure and blood glucose levels. Additionally, a healthy weight helps to prevent many diseases including type 2 diabetes, osteoarthritis, cardiovascular disease and some cancers. A weight loss of as little as 5 to 15 percent of body weight over 6 months or longer has been shown to improve health, according to the National Institutes of Health.

THE BASICS OF WEIGHT CONTROL

To maintain a healthy weight, one must balance the calories consumed through food and drink with the energy expended by the body through physical activity. To lose weight, one must consume fewer calories than are expended through physical activity. Improving both dietary and physical activity habits is essential to effective and healthy weight control.

A HEALTHY DIET

- Choose fruits, vegetables, whole grains, fat-free or low-fat dairy products, lean meats, poultry, fish, beans, eggs and nuts.
- Eat foods low in saturated fats, trans fats, cholesterol, salt and added sugars.
- Serve yourself appropriate portions. When eating out, eat half of the meal and take the remainder home.
- Drink water, fat-free milk and 100% juice rather than sodas and other sugary drinks.

A HEALTHY DOSE OF PHYSICAL ACTIVITY

- If you do not currently participate in physical activity, start slowly and build up over time.
- Choose physical activities that you enjoy or experiment with a new activity such as dancing, swimming or bicycling.
- Increase daily lifestyle activities such as taking the stairs rather than the elevator, parking farther from your destination, and gardening or household chores.

Remember, achieving a healthy weight doesn't happen overnight. The National Institutes of Health recommend being realistic about weight-loss goals and aiming for a slow, modest weight loss.

TO DETERMINE A WEIGHT-LOSS PLAN THAT IS RIGHT FOR YOU, CONSULT YOUR PHYSICIAN.

MAKING SENSE of PRESCRIPTIONS



When your doctor recommends a medication, it is in your best interest to make sure you understand the details. Unless you follow your doctor's instructions carefully, you may not be getting the full benefit of the medicine you are paying for, and may even be putting your health at risk. Like your doctor, pharmacists are trained to alert you to potential drug interactions, to advise you about certain precautions you should take when using a particular medication, and to help you avoid adverse reactions.

TAKE PRESCRIPTIONS SAFELY

Prescriptions are intended to be helpful; however, taking them incorrectly or mixing medications inappropriately can be harmful and even fatal. Always take prescription medication exactly as prescribed by your doctor. It is a good idea to keep a list of phone numbers for your doctors, nurses, pharmacist, and 24-hour pharmacy with your medications at all times. Do not hesitate to call if you have questions or concerns. Additionally, consider the following suggestions for taking prescriptions safely.

- R_x** The American Medical Association emphasizes the importance of informing your doctor about any other medicines (prescription or nonprescription) that you are taking and letting him or her know if you have any allergies to medicines or other medical conditions at the time a drug is prescribed.
- R_x** Be aware of how your body is reacting to the medicine, and contact your doctor promptly if you experience any problems.
- R_x** It is important to remember that drug information labeling can change. Read the prescription label each time you refill a particular medicine.

- R_x** Never share your medication with another person, and never take medication that was prescribed for someone else.
- R_x** Ask questions and make sure that you understand instructions for taking the medicine before you leave the doctor's office. Write down instructions if necessary.

ASK QUESTIONS ABOUT YOUR PRESCRIPTIONS

The U.S. Department of Health and Human Services recommends knowing the answers to the following questions before taking prescription medication.

- R_x** What are the brand name and generic name of this medicine? Can I take the generic version?
- R_x** What am I taking this medicine for?
- R_x** Does this prescription mean I should stop taking other medicines I'm taking now?
- R_x** How do I take the medicine and how often do I take it?
- R_x** If I need to take it three times a day, does that mean to take it at breakfast, lunch and dinner, or to take it every 8 hours?
- R_x** Is it okay to take vitamins when I am taking prescription medication?
- R_x** Do I need to take it all, or should I stop when I feel better?
- R_x** How long will I be taking it? Can I get a refill? How often can I get a refill?

Always take medication as directed. If you develop an unusual reaction to a medication, contact your physician immediately.

Lake Health Calendar of Events *March*

Get Healthy Lake County Lecture/Activity Series

Are you looking for information on how to eat better or become fit? If so, attend the Get Healthy Lake County lecture/activity series. It's designed to provide you with the health and lifestyle information you need to stay healthy. We meet monthly, except December. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

Painesville Township Park, 1025 Hardy Rd., Painesville – March 4, 6 pm (Boot Camp 101)

Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

Giant Eagle, 546 Water Street, Chardon – March 11, 6:30 pm

Get Healthy Lake County – 10,000 Steps Program

Walk your way to a healthier lifestyle – become a member of Get Healthy Lake County's 10,000 Steps Program. The surgeon general recommends 30 minutes of aerobic activity three times a week; if you walk 10,000 steps in a day (roughly five miles) you will exceed this recommendation. Every step you take counts toward the goal, so start walking today! Membership includes a pedometer, a calendar of step opportunities, a list of step equivalents, and a step log. **Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.**

The Wellness Institute now offers Yoga!

The practice of Yoga can help improve your health with stretching to tone your muscles and exercise your entire skeletal system. Some Yoga workout programs are more challenging than others. Try a Yoga program to find your preferred method. All programs are six weeks and are in the Physician Pavilion at TriPoint Medical Center.

Start dates listed below:

Gentle Yoga – March 29, 5:45 – 6:45 pm

Gentle Stretch Yoga – March 29, 2 – 3:15 pm

Hatha Yoga – March 31, 6:45 – 7:45 am or 10:45 – 11:45 am

Sculpt and Stretch – March 30, 6 – 7 am

Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register or for more information.



Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto www.lakehealth.org or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.